

	Dish 1	Dish 2	Dish 3	Soup
DAY 1	MISO FISH 味噌鱼	Seasonal Green Vegetables 当季青菜	CHYE SIM + NGOH HIANG 菜心 + 炸五香条	BLACK BEAN SOUP 黑豆汤
DAY 2	SWEET CHILLI FRIED TOFU, PAPAYA SALAD 甜辣椒酱油炸豆腐, 青木瓜沙拉		CELERY + PRAWN 西芹炒虾仁	LOTUS ROOT, PEANUT SOUP 莲藕, 花生汤
DAY 3	STEW CHICKEN WITH MUSHROOM 蘑菇炖鸡		CUCUMBER FRIED EGG 黄瓜炒蛋	ABC SOUP ABC汤
DAY 4	GINGER & ONION FISH 姜葱鱼		CABBAGE + THAI STYLE FISH CAKE 长白菜 + 炸泰鱼饼	GINSENG HERBAL CHICKEN SOUP 人参鸡汤
DAY 5	NONYA STEAM FISH 娘惹蒸鱼		CHINESE ENDIVE (PAK CHOY) 炒九白	NONYA ITEK TIM 娘惹咸菜鸭汤
DAY 6	CARROT, TOMATO SEAFOOD STEW 胡萝卜, 番茄炖海鲜		CABBAGE + SLICE PORK 卷心蔬菜, 猪肉片	HERBAL BAK KUT TEH (BLACK) 肉骨茶 (黑)
DAY 7	SWEET SOUR PINEAPPLE PORK COLLAR 酸甜菠萝猪颈肉		ROASTED MIX VEGETABLE + SPRING ROLL 烤时蔬 + 炸春卷	RADISH SOUP 白萝卜汤
DAY 8	FISH LAKSA 叻沙鱼		BITTER GOURD EGG 凉瓜蛋	WALNUT, CARROT, PORK SOUP 核桃, 胡萝卜, 猪肉汤
DAY 9	EGG TOFU HOTPLATE STYLE 红烧杂锦豆腐		CELERY + PRAWN 西芹炒虾仁	BLACK EYE PEA PORK SOUP 黑眼豆猪肉汤
DAY 10	SALTED BLACK BEAN CHICKEN 豆豉鸡		NAI BAI CAI + CHICKEN 奶白菜炒鸡	WINTER MELON SOUP 冬瓜汤
DAY 11	STEAM EGG CRABMEAT STICK 蒸鸡蛋蟹柳		BABY KAILAN + SLICED PORK 小芥兰, 炒猪肉片	MARROW GOURD, PORK BALL SOUP 毛葫芦, 猪肉丸汤
DAY 12	TURMERIC FRIED FISH 黄姜炸鱼		CHINESE ENDIVE (PAK CHOY) 炒九白	ABC SOUP ABC汤
DAY 13	BRAISED PORK COLLAR 红烧猪颈肉		PA BO CHOY + SLICED PORK 老婆菜炒猪肉片	WATER MELON & CUCUMBER SOUP 西瓜和黄瓜汤
DAY 14	GRILL HONEY CHICKEN CHOP 烤蜂蜜鸡排		LONG CABBAGE + CHICKEN 长白菜 + 炒鸡肉	HERBAL CHICKEN SOUP 药材鸡汤
DAY 15	BAKE FISH BBQ SAUCE 烧烤酱烤鱼		CHYE SIM + NGOH HIANG 菜心 + 炸五香条	BLACK BEAN SOUP 黑豆汤
DAY 16	MALA SEAFOOD 麻辣海鲜		CELERY + PRAWN 西芹炒虾仁	LOTUS ROOT, PEANUT SOUP 莲藕, 花生汤
DAY 17	BAKE CHICKEN "CHA SIEW" SESAME 沙茶酱烤鸡		CUCUMBER EGG 黄瓜炒蛋	ABC SOUP ABC汤
DAY 18	SAMBAL FISH 桑巴鱼		CABBAGE + THAI STYLE FISH CAKE 长白菜 + 炸泰鱼饼	GINSENG HERBAL CHICKEN SOUP 人参鸡汤
DAY 19	THAI LIME GARLIC LEMONGRASS FISH 泰国青柠大蒜柠檬草鱼		CHINESE ENDIVE (PAK CHOY) 炒九白	NONYA ITEK TIM 娘惹咸菜鸭汤
DAY 20	STIR FRY PRAWN SOYU (HOR LOK) 干香虾		SWEET CHILLI FRIED TOFU, PAPAYA SALAD 甜辣椒酱油炸豆腐, 青木瓜沙拉	HERBAL BAK KUT TEH (BLACK) 肉骨茶 (黑)
DAY 21	CURRY YONG TAU FOO 咖喱酿豆腐		ROASTED MIX VEGETABLE + SPRING ROLL 烤时蔬 + 炸春卷	RADISH SOUP 白萝卜汤
DAY 22	FISH LAKSA 叻沙鱼		BITTER GROUND EGG 凉瓜蛋	WALNUT, CARROT, PORK SOUP 核桃, 胡萝卜, 猪肉汤
DAY 23	SINGAPORE CHILI FISH 新加坡辣椒鱼		CELERY + PRAWN 西芹炒虾仁	BLACK EYE PEA PORK SOUP 黑眼豆猪肉汤
DAY 24	BAKE SATAY CHICKEN 烤鸡肉沙爹酱		SWEET CHILLI SAUCE FRIED TOFU 甜辣椒酱油炸豆腐	WINTER MELON SOUP 冬瓜汤
DAY 25	GOCHUJANG FRIED CHICKEN 韩式-甜辣酱炸鸡		BABY KAILAN + SLICED PORK 小芥兰炒猪肉片	MARROW GOURD, PORK BALL SOUP 毛葫芦猪肉丸汤
DAY 26	TURMERIC FRIED FISH 黄姜炸鱼		CHINESE ENDIVE (PAK CHOY) 炒九白	ABC SOUP ABC汤
DAY 27	EGG TOFU SEAFOOD HOTPLATE STYLE 红烧杂锦豆腐		PA BO CHOY + SLICED PORK 老婆菜炒猪肉片	WATER MELON & CUCUMBER SOUP 西瓜和黄瓜汤
DAY 28	GRILL LEMONGRASS CHICKEN 香茅烤鸡		LONG CABBAGE + SLICED PORK 长白菜东菇丝 + 炒猪肉	HERBAL CHICKEN SOUP 药材鸡汤
DAY 29	FISH FRIED LEMON SAUCE 鱼炸柠檬酱		CHYE SIM + NGOH HIANG 菜心 + 炸五香条	BLACK BEAN SOUP 黑豆汤
DAY 30	EGG TOFU HOTPLATE STYLE 红烧杂锦豆腐		CELERY + PRAWN 西芹炒虾仁	LOTUS ROOT, PEANUT SOUP 莲藕, 花生汤

	Dish 1	Dish 2	Dish 3	Soup
DAY 1	BRAISED CHICKEN 香菇焖鸡	Seasonal Green Vegetables 当季青菜	BABY KAILAN + SQUID 小芥兰鱿鱼	BLACK BEAN SOUP 黑豆汤
DAY 2	CHICKEN STEW POTATO 土豆猪煲焖鸡		NAI BAI CAI + FISH FINGER 奶白菜 + 炸鱼柳	LOTUS ROOT, PEANUT SOUP 莲藕 · 花生汤
DAY 3	GINGER & ONION SLICED PORK 姜葱猪肉片		LONG BEAN + FISH CAKE 长豆鱼饼	GINSENG HERBAL CHICKEN SOUP 人参鸡汤
DAY 4	STEAM CHICKEN, CHINESE GREEN PESTO 青姜蓉蒸鸡		CELERY + PRAWN 西芹鲜菇炒虾仁	NONYA ITEK TIM 娘惹咸菜鸭汤
DAY 5	SOY PASTE "SAN BEI" SLICED PORK 三杯猪肉片		PA BO CHOY + SLICED PORK 老婆菜炒猪肉片	HERBAL BAK KUT TEH (BLACK) 肉骨茶 (黑)
DAY 6	SINGAPORE CHILI FISH 辣汁鱼		CHYE SIM + SLICED PORK 菜心炒猪肉片	RADISH SOUP 白萝卜汤
DAY 7	LEMONGRASS CHICKEN CHOP 香茅烤鸡		CUCUMBER, EGG, DRIED SHRIMP 黄瓜虾米炒鸡蛋	WALNUT, CARROT, PORK SOUP 核桃 · 胡萝卜 · 猪肉汤
DAY 8	STEAM CHICKEN 香菇腊肠蒸鸡		BABY KAILAN + NGOH HIANG 小芥兰 + 五香条	BLACK EYE PEA PORK SOUP 黑豆猪肉汤
DAY 9	MISO BAKED FISH 味噌鱼		NAI BAI CAI + FISH FINGER 奶白菜 + 炸鱼条	WINTER MELON SOUP 冬瓜汤
DAY 10	HONEY PEPPER SLICED PORK 蜜椒猪肉片		LONG BEAN + FISH CAKE 长豆鱼饼	MARROW GOURD, PORK BALL SOUP 毛葫芦猪肉丸汤
DAY 11	CHICKEN CURRY 咖喱鸡		GYOZA 炸饺子	ABC SOUP ABC汤
DAY 12	STEAM SLICED PORK, MUSHROOM 香菇蒸猪肉片		CUCUMBER EGG 黄瓜虾米炒鸡蛋	WATER MELON & CUCUMBER SOUP 西瓜和黄瓜汤
DAY 13	CHICKEN STEW 土豆 · 萝卜焖鸡		CHYE SIM + SLICED PORK 菜心炒猪肉片	HERBAL CHICKEN SOUP 药材鸡汤
DAY 14	SATAY CHICKEN 沙爹酱烤鸡		LONG BEAN + FISH CAKE 长豆鱼饼	BLACK BEAN SOUP 黑豆汤
DAY 15	RED RESIDUE, FUNGUS CHICKEN 红昭木耳焖鸡		BABY KAILAN + SQUID 小芥兰鱿鱼	LOTUS ROOT, PEANUT SOUP 莲藕 · 花生汤
DAY 16	ASSAM FISH 阿萨鱼		NAI BAI CAI + FISH FINGER 奶白菜 + 炸鱼条	ABC SOUP ABC汤
DAY 17	STEAM SLICED PORK, MUSHROOM 香菇蒸猪肉片		LONG BEAN + FISH CAKE 长豆鱼饼	GINSENG HERBAL CHICKEN SOUP 人参鸡汤
DAY 18	SHRIMP PASTE CHICKEN WING 虾酱鸡		CELERY + PRAWN 西芹鲜菇炒虾仁	NONYA ITEK TIM 娘惹咸菜鸭汤
DAY 19	EGG TOFU, SEAFOOD HOTPLATE STYLE 红烧杂锦豆腐		PA BO CHOY + SLICED PORK 老婆菜炒猪肉片	HERBAL BAK KUT TEH (BLACK) 肉骨茶 (黑)
DAY 20	FRIED GARLIC CHICKEN 蒜香炸鸡		CHYE SIM + SLICED PORK 菜心炒猪肉片	RADISH SOUP 白萝卜汤
DAY 21	LEMONGRASS CHICKEN CHOP 香茅烤鸡		CUCUMBER EGG 黄瓜虾米炒鸡蛋	WALNUT, CARROT, PORK SOUP 核桃 · 胡萝卜 · 猪肉汤
DAY 22	STEAM CHICKEN 香菇腊肠蒸鸡		BABY KAILAN + NGOH HIANG 小芥兰 + 五香条	BLACK EYE PEA PORK SOUP 黑豆猪肉汤
DAY 23	ASSAM FISH 阿萨鱼		NAI BAI CAI + FISH FINGER 奶白菜 + 炸鱼条	WINTER MELON SOUP 冬瓜汤
DAY 24	BAKED FISH VEG REDUCTION 蔬菜汁烤鱼		LONG BEAN + FISH CAKE 长豆鱼饼	MARROW GOURD, PORK BALL SOUP 毛葫芦猪肉丸汤
DAY 25	CHICKEN STEW 土豆 · 胡萝卜 · 炖鸡		CELERY + PRAWN 西芹鲜菇炒虾仁	ABC SOUP ABC汤
DAY 26	STEAM SLICED PORK 蒸猪肉片		CUCUMBER EGG 黄瓜虾米炒鸡蛋	WATER MELON & CUCUMBER SOUP 西瓜和黄瓜汤
DAY 27	CHICKEN STEW 土豆 · 胡萝卜 · 炖鸡		CHYE SIM + SLICED PORK 菜心炒猪肉片	HERBAL CHICKEN SOUP 药材鸡汤
DAY 28	CUMIN SPICES SLICED PORK 孜然猪肉片		LONG BEAN + FISH CAKE 长豆鱼饼	BLACK BEAN SOUP 黑豆汤
DAY 29	BRAISED CHICKEN 腊肠 · 蘑菇 · 蒸鸡		BABY KAILAN + SQUID 小芥兰鱿鱼	LOTUS ROOT, PEANUT SOUP 莲藕 · 花生汤
DAY 30	STEAM FISH PRESERVED WINE CHILLI 剁椒蒸鱼		NAI BAI CAI + FISH FINGER 奶白菜 + 炸鱼条	ABC SOUP ABC汤